

WALKING  
CHALLENGE

Binga

CATCH A SUNRISE AT A STATE PARK DURING YOUR WALK/RUN	TAKE A STROLL BY A LAKE OR CREEK	VISIT A DISCOVERY CENTER AT A STATE PARK	SPOT AND IDENTIFY 3 DIFFERENT KINDS OF BIRDS	BRING A FRIEND TO EXERCISE WITH YOU
TAKE A 30 MINUTE WALK	TRY A NEW FITNESS ACTIVITY TO SWITCH THINGS UP	TRY A HIKE OR ADD HILLS TO YOUR WALK/RUN	RIDE A BIKE FOR 30 MINUTES (INDOOR OR OUTDOOR)	SPEND 30 MINUTES WALKING/RUNNING/ EXERCISING IN WATER
TAKE YOUR LONGEST WALK/RUN. (LONGEST DISTANCE)	WALK WITH A PET		WALK OR RUN FOR 45 MINUTES	CATCH A SUNSET AT A STATE PARK DURING YOUR WALK/RUN
DO A WALKING MEDITATION ON YOUR OWN OR WITH AN APP LIKE CALM	IF YOUR WALKING SHOES ARE WORN, INVEST IN A NEW PAIR		COMPLETE A CHARITY FITNESS EVENT- IN PERSON OR VIRTUAL	REVERSE YOUR WALKING/RUNNING ROUTE OR TRY A NEW ROUTE ALTOGETHER
COMMIT TO YOUR WALK DESPITE POOR WEATHER	EARN AN AWARD THROUGH YOUR FITNESS TRACKER	PARTICIPATE IN A WALKING MEETING OR EVEN WALK IN PLACE DURING A CONFERENCE CALL	DO RESISTANCE TRAINING 3 TIMES PER WEEK OR WALK WITH WEIGHTS	TAKE YOUR FASTEST WALK OR RUN. (QUICKEST PACE)